

premarital counseling workbook

premarital counseling workbook is an essential tool for couples preparing for marriage, offering structured guidance, insightful exercises, and key conversation starters. This article explores the importance of premarital counseling, the benefits of using a premarital counseling workbook, and the core topics covered within these resources. You will discover how such workbooks contribute to healthy communication, conflict resolution, financial planning, and shared values. The content also highlights what to look for in a high-quality premarital counseling workbook and how couples can maximize its effectiveness. By reading this comprehensive guide, you will gain a thorough understanding of how premarital counseling workbooks can strengthen your relationship and lay a solid foundation for a successful marriage.

- Understanding Premarital Counseling Workbooks
- The Benefits of Using a Premarital Counseling Workbook
- Key Topics Covered in a Premarital Counseling Workbook
- How to Choose the Right Premarital Counseling Workbook
- Maximizing the Effectiveness of Your Workbook
- Conclusion

Understanding Premarital Counseling Workbooks

A premarital counseling workbook is a structured resource designed to help couples prepare for marriage. These workbooks provide guided exercises, discussion prompts, and practical activities that encourage partners to explore essential areas of their relationship. Premarital counseling workbooks often serve as a supplement to traditional counseling sessions, but they can also be used independently by couples who want to proactively strengthen their bond. By working through a premarital counseling workbook, couples can identify potential challenges, clarify expectations, and build effective communication skills before entering into marriage.

Premarital counseling workbooks typically cover a wide range of topics, including finances, family dynamics, intimacy, conflict resolution, and future goals. These resources are designed to foster honest conversations, promote understanding, and help couples align their values and priorities. The structured approach of a premarital counseling workbook allows couples to address important issues in a safe, supportive environment, reducing the risk

of misunderstandings and future conflicts.

The Benefits of Using a Premarital Counseling Workbook

Utilizing a premarital counseling workbook offers numerous advantages for couples preparing to get married. These benefits go beyond surface-level conversations and provide a deeper understanding of each partner's perspective, beliefs, and expectations.

Enhanced Communication Skills

One of the primary objectives of a premarital counseling workbook is to improve communication between partners. Couples learn how to express their thoughts and feelings openly, listen actively, and resolve disagreements constructively. This skill set is crucial for maintaining a healthy marriage.

Identifying Potential Issues Early

Premarital counseling workbooks encourage couples to discuss sensitive topics that might otherwise be overlooked. By addressing these issues early, couples can develop strategies to manage disagreements and avoid potential pitfalls in their relationship.

Building a Strong Foundation

Working through a premarital counseling workbook helps couples establish a solid foundation based on mutual respect, shared values, and realistic expectations. This groundwork is vital for long-term marital satisfaction and stability.

Increased Confidence and Preparedness

Completing the exercises and activities in a premarital counseling workbook boosts each partner's confidence in their ability to handle challenges together. Couples enter marriage feeling more prepared and united in their approach to life's obstacles.

Comprehensive Exploration of Relationship Dynamics

- Understanding each other's family backgrounds
- Clarifying financial habits and attitudes
- Discussing roles and responsibilities
- Setting long-term goals and aspirations
- Exploring intimacy and emotional needs

Key Topics Covered in a Premarital Counseling Workbook

A high-quality premarital counseling workbook addresses a wide range of crucial subjects relevant to marital success. Delving into these topics ensures that couples are well-equipped to face the realities of married life together. Below are the primary areas commonly explored in these workbooks.

Communication and Conflict Resolution

Effective communication is fundamental to a successful marriage. Premarital counseling workbooks guide couples through exercises that improve their ability to share feelings, listen with empathy, and resolve disagreements peacefully. Conflict resolution strategies, such as compromise and negotiation, are also explored in depth.

Financial Planning and Management

Money is a common source of tension in relationships. Workbooks prompt couples to discuss their financial backgrounds, spending habits, savings goals, and debt management. They also encourage partners to create a shared financial plan and set clear expectations for managing household finances.

Family Backgrounds and Traditions

Understanding each other's family history, cultural background, and traditions helps couples anticipate potential areas of friction. Premarital

counseling workbooks provide space for partners to discuss how their upbringings may influence their values, relationship roles, and expectations.

Intimacy and Sexual Expectations

A healthy marriage requires open conversations about intimacy, affection, and sexual expectations. Workbooks include guided discussions and exercises that foster trust and understanding in this sensitive area.

Roles, Responsibilities, and Household Management

Clear agreements regarding division of labor, household chores, and family responsibilities help prevent resentment and confusion. Premarital counseling workbooks prompt couples to define their roles and establish a fair system for managing daily life.

Setting Life Goals and Future Planning

Long-term alignment is essential for marital satisfaction. Workbooks encourage couples to discuss their aspirations for career, children, personal development, and lifestyle, ensuring both partners are on the same page about their future together.

How to Choose the Right Premarital Counseling Workbook

Selecting the best premarital counseling workbook for your needs is an important decision. Not all workbooks are created equal, and the right choice depends on your unique relationship dynamics and learning preferences. Consider the following factors when evaluating different options.

Comprehensive Content

A quality premarital counseling workbook should offer in-depth coverage of essential relationship topics. Look for resources that address communication, finances, intimacy, conflict resolution, and shared values.

Evidence-Based Approach

Workbooks developed by licensed therapists, marriage counselors, or relationship experts often utilize evidence-based techniques. These approaches are grounded in research and proven to be effective in strengthening relationships.

User-Friendly Format

Choose a workbook with a clear layout, practical exercises, and easy-to-follow instructions. Engaging prompts, reflection questions, and space for written responses encourage active participation from both partners.

Flexibility for Individual and Joint Use

Ideally, a premarital counseling workbook should be suitable for use both independently and together as a couple. This flexibility allows each partner to reflect individually and then share insights during joint discussions.

Inclusivity and Cultural Sensitivity

Opt for workbooks that are inclusive and respectful of diverse backgrounds, beliefs, and lifestyles. Cultural sensitivity ensures that the material resonates with your unique relationship context.

Maximizing the Effectiveness of Your Workbook

To derive the full benefit from a premarital counseling workbook, couples should approach it with commitment and openness. Consistency, honesty, and active participation are key to achieving meaningful results.

Establish a Regular Schedule

Set aside dedicated time each week to work through the workbook together. Consistency helps maintain momentum and ensures that all topics are covered thoroughly.

Be Honest and Open

Honest responses and open discussions are crucial for growth. Approach sensitive topics with empathy and a willingness to listen to your partner's perspective.

Reflect and Revisit

After completing exercises, take time to reflect individually and as a couple. Revisit challenging topics as needed to ensure mutual understanding and alignment.

Seek Professional Support if Needed

If you encounter particularly difficult or unresolved issues, consider seeking guidance from a professional premarital counselor. A workbook can complement but not replace expert advice in complex situations.

Conclusion

Premarital counseling workbooks are invaluable resources for couples seeking to build a strong, lasting marriage. By providing structured guidance, practical exercises, and thoughtful prompts, these workbooks help partners develop vital skills in communication, conflict resolution, and shared decision-making. Choosing the right premarital counseling workbook and using it consistently can prepare couples for the joys and challenges of married life, ensuring a healthier, more fulfilling partnership.

Q: What is a premarital counseling workbook?

A: A premarital counseling workbook is a structured resource filled with guided exercises, discussion questions, and activities designed to help couples prepare for marriage by exploring critical topics such as communication, finances, intimacy, and future planning.

Q: Who should use a premarital counseling workbook?

A: Any couple considering marriage or engagement can benefit from using a premarital counseling workbook. It is suitable for couples attending premarital counseling sessions or those who prefer self-guided preparation.

Q: What topics are covered in a typical premarital counseling workbook?

A: Common topics include communication skills, conflict resolution, financial planning, family backgrounds, intimacy and sexual expectations, roles and responsibilities, and long-term goals.

Q: Can a premarital counseling workbook replace professional counseling?

A: While a premarital counseling workbook is a valuable tool, it is not a substitute for professional counseling, especially for couples facing significant challenges or complex issues.

Q: How long does it take to complete a premarital counseling workbook?

A: The time required varies depending on the workbook and the couple's pace, but most workbooks can be completed over several weeks when approached consistently.

Q: Are premarital counseling workbooks suitable for all types of couples?

A: Yes, many workbooks are designed to be inclusive and adaptable to different cultural backgrounds, belief systems, and relationship structures.

Q: How can couples make the most of a premarital counseling workbook?

A: Couples should schedule regular sessions, answer questions honestly, discuss their insights openly, and revisit challenging topics to ensure a thorough understanding.

Q: What are the benefits of using a premarital counseling workbook?

A: Benefits include improved communication, early identification of potential issues, stronger relationship foundations, increased preparedness for marriage, and deeper mutual understanding.

Q: Can premarital counseling workbooks be used individually?

A: Yes, many workbooks allow for individual reflection, but sharing and discussing answers with your partner is crucial for achieving the best results.

Q: Where can couples find reputable premarital counseling workbooks?

A: Reputable premarital counseling workbooks are often available at bookstores, online retailers, and through licensed marriage counselors or therapists.

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Premarital Counseling Workbook: Your Guide to a Stronger Marriage

Are you and your partner planning to tie the knot? Congratulations! The excitement of planning a wedding is undeniable, but amidst the flurry of floral arrangements and seating charts, it's crucial to invest in the foundation of your future together: a strong and healthy marriage. This post provides a comprehensive overview of premarital counseling workbooks, explaining their benefits, how to choose the right one, and how to effectively use them to build a thriving relationship. We'll explore the key topics covered, potential challenges, and ultimately, help you navigate this important step towards a successful marriage.

Why Use a Premarital Counseling Workbook?

Premarital counseling, whether facilitated by a professional or undertaken independently using a workbook, offers invaluable preparation for the journey ahead. A workbook acts as a structured guide, prompting meaningful conversations and self-reflection on crucial aspects of your

relationship. Unlike a quick online quiz, a comprehensive workbook delves deeper, addressing potential conflicts and fostering a shared understanding before the pressures of married life set in. The benefits include:

Improved Communication: Workbooks often include exercises designed to enhance communication skills, helping you learn to express your needs and understand your partner's perspective effectively.

Conflict Resolution Skills: Learning healthy conflict resolution strategies is vital for any relationship. Workbooks equip you with tools to navigate disagreements constructively.

Shared Values and Goals: Exploring your individual values, goals, and expectations for the future helps you identify areas of alignment and potential discrepancies before they become major issues.

Financial Planning: A premarital counseling workbook often includes sections on financial planning, helping you discuss budgeting, debt, and long-term financial goals.

Increased Self-Awareness: The process of working through a workbook promotes self-reflection, helping you understand your own strengths, weaknesses, and communication styles.

Choosing the Right Premarital Counseling Workbook

The market offers a variety of premarital counseling workbooks, catering to different needs and approaches. Consider these factors when making your choice:

Your Relationship Stage: Are you just starting to consider marriage, or are you already deeply committed and engaged? Some workbooks are better suited for early stages, while others focus on deeper relationship exploration.

Your Religious or Spiritual Beliefs: Some workbooks align with specific religious or spiritual perspectives, while others offer a secular approach. Choose one that resonates with your shared beliefs.

Your Learning Style: Consider whether you prefer interactive exercises, questionnaires, or more narrative-based discussions.

Content Focus: Look for a workbook that covers topics relevant to your relationship. Some focus heavily on communication, while others delve into finances, family dynamics, or personal growth.

Reviews and Recommendations: Check online reviews and seek recommendations from trusted sources, such as therapists or couples you know who have used a workbook.

Key Topics Covered in Effective Workbooks

A comprehensive premarital counseling workbook will typically cover a range of essential topics including:

Communication Styles:

Identifying your individual communication styles and understanding how they interact.

Learning active listening techniques.

Developing assertive communication skills.

Resolving conflicts constructively.

Family Backgrounds and Dynamics:

Exploring the impact of your family backgrounds on your relationship.
Understanding family roles and expectations.
Addressing potential intergenerational conflicts.

Financial Management:

Discussing budgeting, debt, and financial goals.
Creating a shared financial plan.
Establishing financial transparency and accountability.

Personal Values and Beliefs:

Identifying core values and beliefs.
Understanding how these values impact your relationship.
Navigating differences in values and beliefs.

Intimacy and Sexuality:

Openly discussing expectations and desires related to intimacy and sexuality.
Understanding each other's needs and boundaries.
Fostering healthy sexual communication.

Potential Challenges and How to Overcome Them

While premarital counseling workbooks offer significant benefits, you may encounter challenges:

Time Commitment: Working through a workbook requires time and commitment from both partners.

Schedule dedicated time for these sessions.

Emotional Vulnerability: Some exercises may require you to delve into emotionally sensitive topics.

Create a safe and supportive space for open communication.

Disagreements: You might disagree on certain aspects of your relationship. Utilize the workbook's tools for conflict resolution.

Lack of Professional Guidance: While workbooks are valuable, they cannot replace professional counseling if significant issues arise.

Conclusion

Investing in a premarital counseling workbook is a proactive step towards building a strong and lasting marriage. By engaging in open communication, exploring shared values, and developing healthy conflict resolution skills, you lay the foundation for a fulfilling partnership. Remember to choose a workbook that aligns with your needs and preferences and approach the process with honesty, patience, and a willingness to grow together. Don't see the workbook as just a task; see it as an investment in your future happiness.

FAQs

1. Can I use a premarital counseling workbook if we're already married? Absolutely! Many couples find these workbooks beneficial even after marriage, offering tools for strengthening their relationship.
2. Are premarital counseling workbooks confidential? The confidentiality depends on the specific workbook and how you choose to use it. If you're using it independently, it's entirely private.
3. Do I need a therapist to use a premarital counseling workbook? No, you don't need a therapist, but a therapist can provide valuable context and support if you choose to work with one.
4. How long does it take to complete a premarital counseling workbook? The time commitment varies depending on the workbook's length and the depth of your discussions. Allocate sufficient time to allow for meaningful conversations.
5. What if we disagree on something in the workbook? This is normal! The workbook's purpose is to identify areas of potential conflict and learn how to constructively navigate those disagreements. Use the workbook's tools for communication and conflict resolution.

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premarital counseling workbook: Ready to Wed Greg Smalley, Erin Smalley, 2015-04-16 Are You Planning a Wedding or Preparing for a Marriage? Like most engaged couples, you're researching venues, trying on dresses and picking out tuxedos or suits, tasting sample dishes, dreaming of honeymoon destinations, and doing everything to ensure your wedding day is the event of a lifetime. But as more seasoned couples will tell you, there's more to a marriage than a wedding. A lot more. How do you build a marriage that you've dreamed of? Dr. Greg Smalley, vice president of marriage at Focus on the Family, and his wife, Erin, along with 14 marriage experts, serve as your marriage guides as you prepare for life beyond the wedding day. From how to handle those everyday conflicts to how to better connect on a spiritual level, they'll show you how to get ready for a lifetime of commitment. When the flowers have faded and the last morsel of cake has been eaten, you'll stand with your new spouse, ready to face life together. Equip yourself for a marriage that lasts by learning: How to leave your parents (while still honoring them) and cleave to your spouse Why spiritual intimacy is key to a lasting relationship Why the language of love is communication (and how to build it) How to manage conflict in a healthy, God-honoring way Why sexual intimacy in your marriage will be the gift that keeps on giving Invest in a marriage that will last for decades. Are you

ready?

premarital counseling workbook: *The Hard Questions* Susan Piver, 2021-06-22 A revised and expanded edition of the classic relationship book that has helped thousands of couples shape a shared vision for their lives together. With this simple-yet-profound relationship tool, Susan Piver shows couples at any stage of their relationships--whether they are considering engagement, have been married for decades, or just want to deepen their connection--how they can forge and strengthen lasting, intimate bonds. Focusing on key areas such as home, money, work, community, and family, *The Hard Questions* contains 100 thought-provoking questions for couples to ask each other, including: • What will our home look like? • What are our professional goals? • How do you feel about sharing our life on social media? • Will we try to have children, and if so, when? *The Hard Questions* provides couples with guidance and support for having the kind of conversations that will lead them to a deeper understanding of each other and a happy, healthy, and prosperous future together.

premarital counseling workbook: *The Premarital Counseling Handbook* H. Norman Wright, 1992-04-09 In any endeavor, dreams and goals not backed by concrete plans and preparations can result in failure. And marriage is no exception, claims H. Norman Wright. In fact, without solid planning and forethought by engaged couples, we will surely see a continuation of the startling divorce rate among Christians and non-Christians alike. On the other hand, thorough premarital counseling and preparation can result in lifelong marriages that are fulfilling and God honoring. That's where the church comes in. More and more churches are realizing that their responsibility lies not only in pronouncing men and women 'husband and wife,' but also in making sure the proper foundation is laid so that marriages have a better chance of standing strong under pressure. Since its introduction in 1977 as *Premarital Counseling*, this book has been used by literally thousands of churches throughout the country as both a guide and reference tool. Now Dr. Wright has added new material to cover some perplexing issues that have come into prominence only recently. Among those special concerns are: Interracial marriages Second marriages Marriages of persons from dysfunctional families Writing for both pastors and other premarital counselors, H. Norman Wright sets you at ease about the counseling process, even if you've had only limited counseling experience. As the author of the popular *Before You Say I Do* and numerous other books on marriage, H. Norman Wright documents in *The Premarital Counseling Handbook* methods that have proved successful. These will help insure that the marriages performed in your church will resist the pressures that are destroying today's married couples.

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premarital counseling workbook: *Men Are Like Waffles--Women Are Like Spaghetti* Bill Farrel, Pam Farrel, 2007-02-01 *Men Are Like Waffles—Women Are Like Spaghetti* has helped thousands of couples understand each other better. I will continue to recommend this book as a must read. —Gary Chapman, bestselling author of *The 5 Love Languages®* Pam and Bill Farrel have the ability to take an everyday menu of spaghetti and waffles and transform biblical, practical wisdom into a word picture that has encouraged, equipped, and inspired couples worldwide. —Dr. Kevin Leman, bestselling author of *The Birth Order Book* and *Sheet Music Let Your Differences Make You Irresistible to Each Other* While a man tends to deal with one problem or purpose at a time (moving from waffle square to waffle square), a woman's thoughts generally flow together (like spaghetti noodles). Once you discover how your spouse processes feelings and thoughts, you're on

your way to a happy and healthy relationship! Join more than 300,000 other readers as you learn to energize your communication with strategies that work, ignite romance with new ideas to spice up your marriage, and empower your parenting with your combined insights and influence. Find all the ingredients for creating a fabulous recipe of loving, working, and winning together!

premarital counseling workbook: I Do! Jim Walkup, 2019-04-16 Strengthen Your Bond, Strengthen Your Marriage Planning a meaningful wedding is important. Planning for a happy and satisfying marriage is critical. Through in-depth, thought-provoking exercises, I Do! A Marriage Workbook for Engaged Couples helps prospective partners grow their love and solidify their partnership as they prepare to walk down the aisle together. From money to intimacy, this marriage workbook helps you dig deep into your relationship over the course of 7 chapters--each focusing on a different part of married life. Gain insight into each other and discover ways to feel closer before you finally and happily say, I do! I Do! A Marriage Workbook for Engaged Couples includes: LOVE, SEX, AND MONEY--Prepare for married life by exploring and sharing your feelings on communication, money, intimacy, children, beliefs and values, family and friends, and work. IN-DEPTH EXERCISES--Learn more about your partner through various exercises, including writing prompts, true/false questionnaires, worksheets, partner discussions, and more. TOOLS TO TAKE IT TO THE NEXT LEVEL--Use this marriage workbook's exercises as springboards for a deeper exploration into your relationship. Deepen your connection and prepare for your marriage with I Do! A Marriage Workbook for Engaged Couples.

premarital counseling workbook: Getting Ready for Marriage Jim Burns, Doug Fields, 2014-09-01 Jim Burns and Doug Fields wish you the very best for your wedding, but sadly, they won't be able to make it. What they are here for is your marriage. Jim and Doug have seen it all. They have worked with many couples and have studied extensively to uncover the essential elements for making marriages thrive. This book is their early wedding gift to you: a comprehensive, easy-to-navigate road map for beginning your union. Filled with premium fuel for the journey—including meaningful exercises, hard truths, and conversations starters—this book will nourish and guide your relationship for the long haul.

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counseling. Before You Tie The Sacred Knot provides framework by reinforcing your relationship foundation. Its' interactive format with space for journaling makes it a great reminder for you and your fiancée - to remind you of what you worked on in planning for your marriage.

premarital counseling workbook: Before You Say "I Do"® H. Norman Wright, Wes Roberts, 2019-03-26 Build a Love that Lasts At a time when more people are delaying marriage or writing it off altogether, those ready to walk the aisle will appreciate a frank and trusted resource to help them start marriage on the right foot. This practical guide will help you explore your relationship in depth and will provide new insight into your partner and how the two of you relate to one another establish your wants and needs as individuals and a couple before your marriage begins lay the groundwork for open and honest conversation for a stronger, healthier marriage reveal how life events and family background can influence decision making in finances, family, education, faith, and career engage you in activities that lead to thought-provoking discussion addressing your past experiences and current expectations Engaging and easy-to-use, Before You Say I Do is full of tried and true wisdom to help you plan for your future and build a lasting relationship with the one you love.

premarital counseling workbook: The Meaning of Marriage Timothy Keller, 2011-11-24 In previous books respected New York pastor and bestselling author Timothy Keller has looked at such diverse and topical subjects as the existence of God, our need to do justice, the meaning of Jesus' life, and the human temptation to make idols - all through the twin lenses of a biblical framework and an engagement with contemporary culture. In this new book, co-authored with his wife, Kathy, he turns his attention to that most complex of matters: our need for love, and its expression in marriage. Beginning with the biblical narrative, and its pictures of marriage that span the original ideal to the broken to the redemptive, he looks at themes of friendship and commitment; the completion of men and women in each other; singleness, sex and divorce; and ministry and discipleship within the context of marriage. This is a profound and engaging work that will challenge and inspire people in all stages of life - single, newlywed and married.

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premarital counseling workbook: 101 Things I Wish I Knew When I Got Married Charlie Bloom, 2010-09-24 With the divorce rate soaring at a dizzying 60 percent, young couples and experienced partners may lack the skills and understanding to sustain a committed relationship. Linda and Charlie Bloom present 101 nuggets of wisdom that deliver practical guidance and make it clear that regardless of past experience anyone can develop the basic strengths, skills, and capacities needed for a great relationship. Each lesson is presented as a simple, one-sentence

thought followed by an explanation using real-life examples. This book demonstrates how couples can enrich their own relationships by working through love's challenges.

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premarital counseling workbook: Together Forever ~ God's Design for Marriage Wright Ed, Wright Angie, 2017-11-30 As you begin preparing for your big wedding day, this Marriage by GOD program is designed to assist you in preparing for a BIG MARRIAGE. Using the companion counselor's guide, a mature Christian couple can come beside you and mentor you through biblical principles and time-tested techniques for fulfilling God's great plan for marriage.

premarital counseling workbook: No More Perfect Marriages Jill Savage, Mark Savage, 2017-02-07 "Many people say you can fix a broken marriage, but Mark and Jill show you how." —Dr. Juli Slattery, psychologist, author, and president of Authentic Intimacy No marriage is perfect. But every marriage can get better. Do you feel like the spark is gone? Like a critical spirit has invaded your marriage? Like you want more intimacy, but something is in the way? You could be suffering from the Perfection Infection. The Perfection Infection happens when we cultivate unrealistic expectations of ourselves and our spouse, gradually leading to intimacy-killing behavior, also known as the "Seven Slow Fades." That was the case for Jill and Mark Savage, and it eventually led to infidelity. In No More Perfect Marriages they speak honestly about their struggles, how they came back from betrayal, and the principles keeping their marriage strong today. They guide you in everything you need to know to kick the Perfection Infection right out and return to intimacy. In their warm, honest, personable style, Jill and Mark discuss: How the Perfection Infection invades a marriage—even a good marriage How to detect and correct the Seven Slow Fades How to set and communicate realistic expectations What to do if your spouse just won't change How to guard your marriage from the Perfection Infection for good Hurting marriages can heal, and good marriages can become great. It takes work, yes, but No More Perfect Marriages will give you the insights, language, and roadmap you need for the journey. So start today. GROUP RESOURCES: A leader's guide is included in the back of the book. FREE video curriculum and additional group resources are available for No More Perfect Marriages at www.NoMorePerfect.com. ____ "[Replaces] the Hollywood mirage of a storybook romance with a healthy blueprint of a real and rock-solid relationships. If you're looking for an authentic story, practical how-to, and hope to build true and lasting love, you've found it. — Michele Cushatt, author, Undone: A Story of Making Peace With An Unexpected Life "... Will empower readers to create healthier responses when facing marital challenges... Excited [to add it] to our recommended resources for couples. — Michelle Nietert, licensed counselor "Vulnerable, honest, and helpful... If you want to improve, save, restore, or renew your marriage, read this book." — Mike Baker, sr. pastor, Eastview Christian Church, Normal, Illinois "Encouraging and very practical!" — Shaunti Feldhahn, social researcher and bestselling author of For Women Only and For Men Only

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long-lasting—marriage.”—Daniel Goleman, author of *Emotional Intelligence The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman’s unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

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David A. Thompson, 1979 This homework book has six sheets represents the preparation for a succession of six counseling sessions. The writing process will underscore potential problem areas which would best be dealt with prior to marriage.

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highly recommend it and complement the author on her creativity and attention to the core details of a connected relationship.” --Harville Hendrix, Ph. D. and Helen LaKelly Hunt, Ph. D.; Authors of Making Marriage Simple and Getting the Love You Want.

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intimacy, showing how each can be successfully resolved with Christ at the center of the marriage. Knowing the stresses and needs of a couple in their season of engagement, Green has helpfully designed the study to require a manageable (and healthy) 60 minutes of at-home work per session, with questions and exercises to build communication and intimacy at the end of each chapter. Tying the Knot also includes an appendix for mentors, making it easy for a married couple, lay leader, or counselor to lead an engaged couple through the book. Field-tested and recommended by multiple counselors in a thriving counseling practice, Tying the Knot has already guided many couples into a stronger and more joyful union. Let this eight-week premarital study reorient your life and marriage around Christ, so you both will experience all the blessings of marriage as God designed it.

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the relationship between you and your loved one. This companion to Your Marriage God's Way invites you to work together with your spouse to take a closer look at the biblical principles for this precious contract and make them an active part of your own marriage. You will build a stronger relationship and deeper faith as you understand the unique roles God has given each of you identify ways you can better help, encourage, and support each other make serving God the focal point of your marriage No matter how long you've been married, there is always room to grow in your relationship by placing Christ at its center. With the help of the Your Marriage God's Way Workbook, bring your hearts closer together and experience the fullness God has in store for both of you.

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this difficult transition and remain united as parents even if they are no longer united as a couple. In Parenting Apart divorce coach Christina McGhee offers practical advice on how to help children adjust and thrive during and after separation and divorce. She looks at all the different issues parents may face with their children of different ages, offering immediate solutions to the most critical parenting problems divorce brings, including: ·When to tell your children about the divorce and what to say ·How to create a loving, secure home if your child doesn't live with you full time ·What to do if your child is angry or sad ·How to manage the legal system, including information on family law and issues of custody ·How to deal with a difficult ex This is an invaluable resource that offers parents quick access to the information you most need at a time when you need it most.

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